

# Cream of Vegetable Soup

Meal Components: Vegetable

Soups & Stews, H-03

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Trans fat-free margarine	1 lb	2 cups	2 lb	1 qt	<b>1.</b> Melt trans fat-free margarine. Add onions and celery (optional). Cook over medium heat for 5-10 minutes.
*Fresh onions, chopped	14 oz	2 ½ cups	1 lb 12 oz	1 qt 1 cup	
OR	OR	OR	OR	OR	
Dehydrated onions	2 ½ oz	1 ¼ cups	5 oz	2 ½ cups	<b>2.</b> Blend in flour and cook over medium heat, stirring constantly until light brown, 5 minutes.
*Fresh celery, chopped (optional)	8 ½ oz	2 cups	1 lb 1 oz	1 qt	
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	
Instant non-fat dry milk, reconstituted, hot		2 qt		1 gal	<b>3.</b> Slowly stir in milk, stock, pepper, basil (optional), parsley (optional), and granulated garlic. Blend well and bring to boil. Reduce heat. Simmer, uncovered, stirring frequently until slightly thickened, 10-15 minutes.
Chicken stock, non-MSG		2 gal 1 qt		4 gal 2 qt	
Ground black or white pepper		1 tsp		2 tsp	

Dried parsley (optional)		¼ cup	½ cup	
Granulated garlic		1 Tbsp	2 Tbsp	
Canned low-sodium mixed vegetables, drained	5 lb	2 qt 3 ¼ cups (1 ¼ No. 10 cans)	10 lb	1 gal 2 ½ qt (2 ½ No. 10 cans)
				<p><b>4.</b> Add vegetables. Cook over medium heat until heated through, 5-10 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.</p> <p><b>5.</b> Pour 9 lb 2 oz (1 gal ½ cup) into a medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.</p> <p><b>6.</b> CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).</p>

#### Notes

\*See Marketing Guide.

Updated July 2014. Restandardization in progress. A new nutrient analysis will be coming.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb	2 lb
Celery	11 oz	1 lb 6 oz

Serving	Yield	Volume
1 cup (8 oz ladle) provides ¼ cup of additional vegetable.	<b>50 Servings:</b> about 27 lb 6 oz	<b>50 Servings:</b> about 3 gallons 2 cups
	<b>100 Servings:</b> about 54 lb 12 oz	<b>100 Servings:</b> about 6 gallons 1 quart